

SCHOOL LUNCH MEAL PATTERN REQUIREMENTS

FOR VARIUS AGE/GRADE GROUPS

USDA recommend, but does not require, that you adjust portions by age/grade group to better meet the food and nutritional needs of children according to their ages. If you adjust portions, Groups I-IV is minimum requirements for the age/grade groups specified. If you do not adjust portions, the Group IV portions are the portions to serve all children.

COMPONENT/SPECIFIC REQUIREMENTS		Minimum Quantities	Minimum Quantities	Minimum Quantities	Minimum Quantities	Recommended Quantities
		Preschool	Preschool	Grades K-3	Grades 4-12 (1)	
		Ages 1-2 (Group 1)	Ages 3-4 (Group II)	Ages 5-8 (Group III)	Ages 9 & Over (Group IV)	Ages 12 & Over (Group V)
MEAT OR MEAT ALTERNATIVE Must be served in the main dish or the main dish and only one other menu item. Vegetable protein products, cheese alternate products, and enriched macaroni with fortified protein may be used to meet part of the meat/meat alternate requirement. Fact sheets on each of these alternate foods give detailed instructions for use.	A serving of one of the following or a combination to give an equivalent quantity:					
	Lean meat, poultry or fish (edible portion as served)	1 oz.	1 – ½ oz.	1 – ½ oz.	2 oz.	3 oz.
	Cheese	1 oz.	1 – ½ oz.	1 – ½ oz.	2 oz.	3 oz.
	Large Egg(s)	½	¾	¾	1	1 – ½
	Cooked dry beans or peas	¼ cup	3/8 cup	3/8 cup	½ cup	¾ cup
	Yogurt, plain or flavored, unsweetened or sweetened	4 oz. or ½ cup	6 oz. or ¾ cup	6 oz. or ¾ cup	8 oz. or 1 cup	12 oz. or 1 ½ cup
	Peanut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	3 Tbsp.	4 Tbsp.	6 Tbsp.
	Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, meet no more than 50% of the requirement and must be combined in the meal with at least 50% of other meat or meat alternate (1 oz. of nut/seeds = 1 oz. of cooked lean meat, poultry or fish)	½ oz = 50%	¾ oz. = 50%	¾ oz. = 50%	½ oz = 50%	1½ oz = 50%
VEGETABLES AND/OR FRUITS No more than ½ of the total requirement may be met with full-strength fruit or vegetable juice. Cooked dry beans or peas may be used as a meat alternate or as a vegetable but not as both in the same meal.	Two or more servings of vegetables or fruits or both to total:	½ cup	½ cup	½ cup	¾ cup	¾ cup
BREADS AND GRAINS At least ½ serving of bread or an equivalent quantity of bread alternate or Group I, and 1 serving for Groups 1 – V, must be served daily. Enriched macaroni with fortified protein may be used as a meat alternate or as a bread alternate but not as both in the same meal. NOTE: FCS Instruction 783-1. Revision 2 provides the information for the minimum weight of a serving.	A serving is: * 1 slice of whole-grain or enriched bread * A whole-grain or enriched biscuit, roll, muffin, etc. * ½ cup of cooked whole-grain or enriched rice, macaroni, noodles, whole-grain or enriched pasta products or other cereal grains such as bulgur or corn grits * A combination of any of the above	5 per week	8 per week	8 per week	8 per week	10 per week
MILK A variety of fluid milk consistent with prior year preferences unless the prior year preferences for any such variety of fluid milk is less than 1% of the total milk consumed at the school.	A serving of fluid milk	¾ cup (6 fl. oz.)	¾ cup (6 fl. oz.)	½ pint (8 fl. oz.)	½ pint (8 fl. oz.)	½ pint (8 fl. oz.)

1. Group IV is highlighted because it is the one meal pattern which will satisfy all requirements if no portion size adjustments are made.
2. Group IV specifies recommended, not required, quantities for students 12 years and older. These students may request smaller portions, but not smaller than those specified in Group IV.